

## Adult-Teen Classes

### YOGA: IN THE PARK

Come join us for a beautiful outdoor yoga class in the park. All levels welcome. Class will be in Huntington Central Park on the same side as the Library. Please bring a yoga mat or towel. Asanas begin promptly at 10am.

Central Park East Stevenson, Sarah  
4430.201 Adult 3/29-6/11 10:30am-11:30am M F \$156

### YOGA: MOMMY AND ME

Together – in your arms, on your tummy, resting or sleeping peacefully at your side. Unite mind and body through breath with poses to bring strength, flexibility and calm, helping you get back in shape and maintain your body. No previous yoga experience necessary. Please bring a mat, two blankets, additional props will be supplied.

City Gym Room B HelpYourHealth, RoxAnn Madera  
4428.201 Adult 3/31-6/09 2:15pm-3:15pm W \$114

### YOGA: MURDY COMMUNITY CENTER

Beneficial for both beginning and intermediate students. Yoga promotes a more flexible and stronger body, a deeper breath and a calmer mind with continued practice. Avoid eating two hours prior to class. Bring a mat and towel. Instructor is a certified yoga teacher and registered with Yoga Alliance. No class May 31.

Murdy Community Center Hall A King, Jacki  
4417.200 16yrs to Adult 4/05-6/07 6:00pm-7:00pm M \$65  
4417.201 16yrs to Adult 4/05-6/07 7:15pm-8:15pm M \$65  
4417.202 16yrs to Adult 4/06-6/08 5:30pm-6:45pm Tu \$73  
4417.203 16yrs to Adult 4/07-6/09 4:00pm-5:00pm W \$73

Murdy Community Center Game Room Carmichael, Yvonne  
4418.200 16yrs to Adult 3/31-5/19 10:30am-12:00pm W \$83  
4418.201 16yrs to Adult 4/02-6/04 10:30am-12:00pm F \$83

### YOGA: ON THE BEACH

Outdoor Hatha yoga class. A great way to start your weekend with deep breath and relaxing asanas. All levels welcome. Yoga is known for its calming and body beautifying effects. Class will be held at 1st Street and PCH, next to Lifeguard Headquarters. Please bring a yoga mat or towel. Asanas begin promptly at 9:00 AM.

Beach at Seapoint Stevenson, Sarah  
4414.201 Adult 4/03-6/12 9:00am-10:00am Sa \$81

### YOGA: PRENATAL

Pregnancy involves physiological and psychological changes. Apart from modifying your shape and weight, it also alters chemistry. Learn to relax your whole body, relieve back pain, nausea, sleeping issues, provide focus and breathing technique. Please bring a mat, three blankets and something to cover the eyes, Chairs, blocks and straps supplied.

City Gym Room B HelpYourHealth, RoxAnn Madera  
4429.201 Adult 3/31-6/09 1:00pm-2:00pm W \$114

### YOGA: RODGERS SENIOR CENTER

Yoga is a practice of uniting the mind and body, which can promote therapeutic and preventative health benefits. Increase body awareness and reduce stress while increasing flexibility and strength. Avoid eating two hours prior to class. Wear comfortable clothing and bring an exercise mat and towel or blanket. Instructor: Diane Pavesic, Certified Yoga Therapist, RN, E-RYT-500

Rogers Senior Center Hall E Pavesic, Diane  
4413.201 Adult 4/08-5/27 10:00am-11:00am Th \$58  
4413.202 Adult 4/08-5/27 11:00am-12:00pm Th \$58

## Older Adults

### COMPUTERS: BEGINNING COURSE TO THE COMPUTER

Learn to properly turn a computer on and off; use a pointing device (mouse); correct typing mistakes; write, send, read, print, reply, forward and delete e-mail; surf the World Wide Web. A suggested donation of \$15 is due at the first class.

Rogers Senior Center Computer Lab Staff, Recreation  
4800.201 50yrs + 4/06-4/27 9:00am-11:30am Tu \$5  
4800.202 50yrs + 5/04-5/25 9:00am-11:30am Tu \$5  
4800.203 50yrs + 6/01-6/22 9:00am-11:30am Tu \$5

### COMPUTERS: EXCEL - BEGINNING

Learn how to use spreadsheets to logically present tabular information. This course will teach you how to: Manipulate spreadsheet cells, rows, columns, fonts; build spreadsheets; create formulas, graphs and drawings to spreadsheets. A suggested donation of \$15 is due at the first class. Prerequisite: Solid knowledge using a PC and Windows Skills.

Rogers Senior Center Computer Lab Staff, Recreation  
4803.201 50yrs + 4/12-5/03 9:00am-12:00pm M \$5  
4803.202 50yrs + 6/14-07/19 9:00am-12:00pm M \$5

### COMPUTERS: E-BAY FOR FUN AND PROFIT

This class is for 1st time E-bay users. Get a taste of what this enormous auction web site is all about. This informative session will show you how to bid, buy and sell your favorite items. A suggested donation of \$5 for materials is request at the class. Prerequisite: Windows Skills course and internet experience.

Rogers Senior Center Computer Lab Staff, Recreation  
4809.201 All ages 4/10 9:00am-12:00pm Sa \$5  
4809.202 All ages 5/08 9:00am-12:00pm Sa \$5  
4809.203 All ages 6/12 9:00am-12:00pm Sa \$5  
4809.204 All ages 07/10 9:00am-12:00pm Sa \$5

### COMPUTERS: GOOGLE GALORE

Learn the use of the powerful Google Search Engine and how to format key work groupings that will rapidly complete your search. Explore these and other free tools: Google Earth, Maps, Directions, Word Processor, Spreadsheet, Language Translator, and more. A suggested donation of \$5 is due at the first class.

Rogers Senior Center Computer Lab Staff, Recreation  
4805.201 50yrs + 4/30-5/07 9:00am-12:00pm F \$5  
4805.202 50yrs + 6/25-07/02 9:00am-12:00pm F \$5

### COMPUTERS: KEEPING YOUR COMPUTER UP TO DATE

Help your computer live longer, perform better, avoid debilitating crashes and keep your programs current, safe and up to date. Protect your computer from viruses and Spyware that can steal your identity. A suggested donation of \$15 is due at the first class. Prerequisite: Windows Skills course. No class May 31

Rogers Senior Center Computer Lab Staff, Recreation  
4804.201 50yrs + 5/10-6/07 9:00am-12:00pm M \$5

### COMPUTERS: MICROSOFT WINDOWS SKILLS

Learn detailed instruction on the Windows Operating System. The "Hands-On" coaching will introduce you to the many features of this powerful program. This class will allow you to maximize the usefulness of your computer. A suggested donation of \$15 is due at the first class.

Rogers Senior Center Computer Lab Staff, Recreation  
4801.201 50yrs + 4/01-4/22 9:00am-12:00pm Th \$5  
4801.202 50yrs + 5/06-5/27 9:00am-12:00pm Th \$5  
4801.203 50yrs + 6/03-6/24 9:00am-12:00pm F \$5

## Older Adults

### COMPUTERS: MS WORD ESSENTIALS

Learn to create, save, retrieve, rename and delete documents. Learn text selection techniques, editing, cut/copy/paste, spell/grammar check, and using Thesaurus. Learn to use important toolbars. A suggested donation of \$15 is due at the first class.

Rogers Senior Center Computer Lab

Staff, Recreation

4802.201	50yrs +	4/07-4/28	9:00am-12:00pm	W	\$5
4802.202	50yrs +	6/09-6/30	9:00am-12:00pm	W	\$5

### COMPUTERS: ORGANIZE YOUR COMPUTER ONCE & FOR ALL

Master the Windows filing system, clean up your hard drive, clean up and organize your desktop. A suggested donation of \$5 is due at the first class. Prerequisite: Windows Essentials course, familiarity with the Windows environment and some experience using the Internet.

Rogers Senior Center Computer Lab

Staff, Recreation

4807.201	50yrs +	5/05-5/12	9:00am-12:00pm	W	\$5
4807.202	50yrs +	5/19-5/26	9:00am-12:00pm	W	\$5

### COMPUTERS: PHOTO ORGANIZING & MORE

Rogers Senior Center Computer Lab

Staff, Recreation

Organize, edit, and share digital pictures using Google's free Picasa program. Learn how to Import/export, and relocate pictures; improve color, lighting, crop, fix red eye and do other edits; share pictures via WEB albums, CDs, emails, print and much more. A suggested donation of \$10 is due at the first class.

4806.201	50yrs +	4/09-4/23	9:00am-12:00pm	F	\$5
4806.202	50yrs +	5/14-5/28	9:00am-12:00pm	F	\$5
4806.203	50yrs +	6/04-6/18	9:00am-12:00pm	F	\$5

## Parks & Recreation Programs

Stay Fit!



...the benefits are endless

## Sports

### YOUTH SPORTS

The City of Huntington Beach Youth Sports Program stresses the importance of teaching young people not only the rules and strategies of games, but important lessons about life as well. Positive youth sports programs help young people develop confidence and self-esteem, help them learn to resolve conflicts peacefully, teach them ways to take care of their health and well-being, and help them develop skills for communicating with others. Coaches, spectators, families and participants are encouraged to be mindful that these programs are designed to develop the whole person, not just the athletes, and that sports-manship is a required element of the City of Huntington Beach Youth Sports Program.

### JUNIOR SOCCER

This non-competition introduction to soccer is a great way to start boys and girls off with a positive and fun learning experience in youth sports. Boys and girls will be introduced to the fundamentals of soccer through game based drills, hands on instruction and scrimmages. Program will take place under the lights at the central park sports complex on the artificial turf soccer fields! Each participant will receive a team shirt and all soccer equipment will be made available.

Sports Complex Tournament Fields

Staff, Recreation

7726.100	6yrs to 8yrs	4/13-5/18	6:00pm-6:50pm	Tu	\$50
7726.101	6yrs to 8yrs	4/15-5/20	6:00pm-6:50pm	Th	\$50

### PEE WEE SOCCER

This non-competition introduction to soccer is a great way to start boys and girls off with a positive and fun learning experience in youth sports. Boys and girls will be introduced to the fundamentals of soccer through game based drills, hands on instruction and scrimmages. Program will take place under the lights at the central park sports complex on the artificial turf soccer fields! Each participant will receive a team shirt and all soccer equipment will be made available.

Sports Complex Tournament Fields

Staff, Recreation

7725.100	3yrs to 5yrs	4/13-5/18	4:00pm-4:50pm	Tu	\$55
7725.101	3yrs to 5yrs	4/13-5/18	5:00pm-5:50pm	Tu	\$55
7725.102	3yrs to 5yrs	4/13-5/18	6:00pm-6:50pm	Tu	\$55
7725.103	3yrs to 5yrs	4/15-5/20	4:00pm-4:50pm	Th	\$55
7725.104	3yrs to 5yrs	4/15-5/20	5:00pm-5:50pm	Th	\$55
7725.105	3yrs to 5yrs	4/15-5/20	6:00pm-6:50pm	Th	\$55
7725.106	3yrs to 5yrs	4/17-5/22	9:00am-9:50am	Sa	\$55
7725.107	3yrs to 5yrs	4/17-5/22	10:00am-10:50am	Sa	\$55

### SHOOTING STARS SOCCER

Shooting Stars Soccer is an instruction/fun based soccer program for boys and girls with special needs between the ages of 11-21. Soccer equipment and protective gear will be made available for all program participants. Shooting Stars Soccer will be held at the Central Park Sports Complex on the artificial turf soccer fields.

Sports Complex Tournament Fields

Staff, Recreation

7727.100	11yrs to 21yrs	4/17-5/22	11:00am-11:50am	Sa	\$50
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